

Quick Recipes with Fresh NC Produce this summer

It's hot and steamy outside and that means delicious summer produce is in season. There is so much to choose from at the Farmers Markets and Roadside stands. These recipes are quick and easy ranging from grilled vegetables to corn cakes with slaw and tomatoes. We have so much variety right now with all our North Carolina produce. Bring some North Carolina goodness home and into your kitchen.

Corn Cakes with Slaw and Heirloom Tomatoes

6 eggs

1 box corn muffin mix (like Jiffy)

3 ears of fresh corn cut off the cob

Salt & pepper

1/3 sour cream

1 tsp. lime zest

1 Tbsp. fresh lime juice

2 tsp. sugar

½ tsp. salt

1 (12-oz.) package fresh broccoli slaw

2 large heirloom tomatoes cut ¼ inch thick

Beat the eggs. Then blend in the muffin mix and fresh corn. Add salt and pepper. Heat a griddle or pan to medium-high heat and spray with cooking spray. Spoon 1/3 cup of batter into pan and cook until lightly brown, then flip and cook the other side until lightly browned.

Stir together 1/3 cup sour cream and next 4 ingredients in a large bowl. Stir in slaw.

Place cooked corn cake on a serving plate; top with 2 tomato slices. Add salt and pepper to taste. Top with slaw and serve immediately.

Lisa's Notes: This can be a great vegetarian meal or enjoy the corn cakes as a creative and different side dish.

Fresh NC Black-eyed Pea Salsa

3 cups fresh black-eyed peas, cooked and drained

4 Roma tomatoes or 2 large tomatoes, seeded and diced

2 avocados, chopped

1 small yellow pepper, diced

½ purple onion (¾ cup), diced

¾ cup Zesty Italian dressing

1 Tbsp. fresh lime juice

¼ tsp. salt

1 jalapeno, seeded and diced

Combine all ingredients and place in the refrigerator for 30 minutes. Serve dip with chips.

Lisa's Notes: Another great way to enjoy black-eyed peas. This is a colorful dish that is full of flavor and great for a party. I recommend 2 jalapenos but I like my food a little spicy.

Cucumber and Feta Salad

1 large cucumber, seeded and cut into cubes

¾ cup crumbled feta cheese

3 Tbsp. extra-virgin olive oil

2 Tbsp. small dill sprigs

1 Tbsp. plus 1 tsp. fresh lemon juice

Lemon zest, thin strips

Combine the cucumber, feta cheese, olive oil, dill and lemon juice. Season with salt and pepper. Sprinkle with lemon zest.

Lisa's Notes: Delicious and fresh is how I would describe this dish. The feta gives it a Greek flair so this would be perfect with kabobs.

Grilled Onions, Zucchini and Squash

1 large sweet onion

1 large zucchini

1 large squash

Salted butter

Garlic powder

Pepper

Slice the zucchini and squash into $\frac{1}{4}$ inch rounds. Peel the onion and cut it into quarters but do not cut all the way through the onion. Pull the layers of onion apart. Place the onion on a sheet of aluminum foil. Put pats of butter in between some of the layers and one pat on top of the onion. Sprinkle with garlic powder and close up. In another piece of aluminum foil, place the sliced squash and zucchini. Add a few pats of butter and sprinkle with black pepper. Put the foil packets on a hot grill for 15-20 minutes.

Lisa's Notes: It doesn't get much easier than this one. The foil packets make for easy clean up. Next time you are grilling, put all your sides on the grill, then you can sit back and relax.